

B	I	N	G	O
Take a yoga class	Attend a class with 8 members	Log 1 mile walk/jog/run at fitness center	Take a rest day	Tag the Dominion Country Club on social media
Hold plank for 1 minute with trainer/instructor	Take a tabata class	Take a Strength & Stretch class	Attend a class with 8 members	Take a rest day
Take a selfie at class/gym	Wear Dominion gear to class/gym	FREE	Bring a friend to class	Perform 20 squats with trainer/instructor
Perform 20 squats with trainer/instructor	Take a selfie at class/gym	Perform 50 kettlebell swings with trainer/instructor	Perform 10 push-ups with trainer/instructor	Take a Pilates class
Perform 10 push-up with trainer/instructor	Hold a plank for 1 minute with trainer/instructor	Take a core assets class	Wear Dominion gear to class/gym	Log 1 mile walk/jog/run at Fitness Center

B	I	N	G	O
Wear Dominion gear to class/gym	Attend a class with 8 members	Take a rest day	Hold plank for 1 minute with trainer/instructor	Take a Strength & Stretch class
Log 1 mile walk/jog/run at fitness center	Wear Dominion gear to class/gym	Tag the Dominion Country Club on social media	Hold a plank for 1 minute with trainer/instructor	Take a rest day
Perform 20 squats with trainer/instructor	Bring a friend to class	FREE	Perform 20 squats with trainer/instructor	Attend a class with 8 members
Perform 10 push-ups with trainer/instructor	Take a core assets class	Take a yoga class	Log 1 mile walk/jog/run at Fitness Center	Take a selfie at class/gym
Perform 50 kettlebell swings with trainer/instructor	Take a Pilates class	Take a selfie at class/gym	Take a tabata class	Perform 10 push-up with trainer/instructor

B	I	N	G	O
Hold a plank for 1 minute with trainer/instructor	Take a core assets class	Attend a class with 8 members	Take a Pilates class	Bring a friend to class
Take a yoga class	Perform 20 squats with trainer/instructor	Perform 50 kettlebell swings with trainer/instructor	Take a tabata class	Tag the Dominion Country Club on social media
Take a selfie at class/gym	Log 1 mile walk/jog/run at Fitness Center	FREE	Take a selfie at class/gym	Perform 10 push-ups with trainer/instructor
Wear Dominion gear to class/gym	Take a rest day	Take a rest day	Wear Dominion gear to class/gym	Log 1 mile walk/jog/run at fitness center
Perform 20 squats with trainer/instructor	Attend a class with 8 members	Take a Strength & Stretch class	Hold plank for 1 minute with trainer/instructor	Perform 10 push-up with trainer/instructor